



# Empowering Older People to Take More Control of Their Health Through Evidence-Based Prevention Programs *Living Healthy* (The Chronic Disease Self-Management Program)



The North Carolina Division of Aging and Adult Services (DAAS) and the Division of Public Health (DPH) have fully committed to mobilizing a statewide campaign to implement and sustain the Chronic Disease Self-Management Program (CDSMP), developed by researchers at Stanford University. The ultimate goal of implementing CDSMP (i.e. *Living Healthy*) in North Carolina is to reduce the risk and occurrence of disease and disability among the rapidly increasing number of adults 60 and older across the state, especially hard-to-reach, minority, and low-income persons.

The primary objectives of this 3-year demonstration project, funded by the US Administration on Aging, are to:

1. Reach 3,564 older adults in three diverse geographic regions across the state of North Carolina; making significant efforts to target low-income, minority, and/or rural adults.
2. Work with at least three different target settings and delivery agents in each of the geographic region to deliver the CDSMP.
3. Assure that all the sites deliver the program components as prescribed by Stanford University - as put forth in the CDSMP Manuals, and taught in the CDSMP Master Trainer and Lay Leader trainings.
4. Determine the extent to which participants benefit across race/ethnicity, poverty level, gender, age, and geographic location.
5. Create a statewide infrastructure for ongoing sustainability and quality assurance of the CDSMP.
6. Analyze the economic impact of the CDSMP.

Working together with multiple partners across the state, DAAS and DPH, decided to begin CDSMP implementation efforts in seven (7) regions across the state, with the ultimate goal reaching older adults in all seventeen regions. The 7 regions that are currently involved in the effort include:

1. Region A - Southwestern Commission
2. Region B - Land-of-Sky Regional Council
3. Region F - Centralina Council of Governments
4. Region I - Northwest Piedmont Council of Governments
5. Region J - Triangle J Council of Governments
6. Region L - Upper Coastal Plain Council of Governments
7. Region P - Eastern Carolina Council of Governments

Each region has identified one person to act as the Regional Coordinator (RC) for the region.

The RC is responsible for a number of tasks, including:

- Identifying potential Master Trainers (MTs)
- Identifying potential Lay Leaders (LLs)
- Organizing and overseeing the MTs and LLs in their region
- Securing meeting space for CDSMP workshops and for LL/MT trainings
- Utilizing a variety of marketing methods to reach and recruit a wide variety of older adult participants
- Helping ensure fidelity to the program and quality of program implementation
- Gather attendance and evaluation data from the MTs/LLs and send to the state team

A Stateside CDSMP Project Coordinator is working with the RCs to ensure successful implementation, and to help build a solid infrastructure that will support the growth of the project to a statewide initiative.

The history of this project, and the key to its future success is heavily based on the partners that have already come together to implement *Living Healthy*, and those collaborators who continue to be enfolded on a regular basis. Some of the key partners working with DAAS and DPH include:

- Community Care of North Carolina (CCNC)
- University of North Carolina's Institute on Aging
- North Carolina Cooperative Extension
- AARP
- The North Carolina Healthy Aging Coalition

At the conclusion of the AoA-funded demonstration period, we plan to have trained 51 CDSMP Master Trainers and 90 Lay Leaders. We will hold nearly 300 workshops and reach over 3,500 older adult participants, the majority of which will be hard-to-reach populations (i.e. low-income, minority, and rural).

NOTE: There are many additional evidence-based health promotion programs that are being implemented throughout the state, including Fit and Strong!, Arthritis Foundation Exercise Program, and A Matter of Balance.

